



# Arts 4 Change Inc.

## Girl Scout Patch Program

**IMPROVing** mental health  
through the arts

developed by Gold Award Girl Scout  
Aubrey Rosenhaus

# Arts 4 Change Inc. Girl Scout Patch Program

## About Arts 4 Change Inc:

Arts 4 Change Inc. is a 501(c)3 nonprofit that teaches free acting classes & programs for kids to help improve their mental health by incorporating Drama Therapy (which you'll learn more about) into our curriculum. We were originally founded in February of 2023 as a Gold Award project for Girl Scout Aubrey Rosenhaus. Since then, we have continued to operate as a non-profit teaching a variety of weekly acting classes and workshops within the Miami-Dade County Community.

## About this patch program:

Hello, and welcome to the Arts 4 Change Inc. Girl Scout Patch Program; we are so excited to embark on this fun theatrical journey with you!

Throughout this patch, you'll learn about the performing art form of theater and the science behind drama therapy. You will also have the chance to step into the stage light and become an actor by participating in theatrical games and exercises. For those who have done theater before, we are so excited to continue your passion for the theatrical arts. For those who are new to acting, do not worry. We will be here for you every step of the way and cannot wait to introduce you to the magical world of theater!

## Learning Objectives:

- Be introduced to the world of theater
- Understand the science behind Drama Therapy
- Learn the basics of Improvisational Theater
- Become an actor and perform in front of your peers while participating in fun acting exercises

## How to use this Guide:

This Patch Program is designed for Brownies and above due to the maturity and complexity of the content in this program. This guide is designed to be customizable as YOU will choose what activities to partake in as a troop throughout the program. Some of the activities have pre-set recommendations for different Girl Scout levels. These recommendations are simply suggestions as some activities may be more complicated and geared towards older kids and vice versa. In order to earn this patch, your Troop must complete the five activities within the guide. Whether your Girl Scouts have been doing theater their whole life or have never stepped foot on a stage, this program is designed for anyone to have a fun time and be able to participate with ease.

Feel free to tag @Arts4ChangeInc on Social Media & check out our website <https://www.arts4changeinc.com> for more info!

# 1 - Introduction to the Theatrical Arts

Theatrical arts, or theater, is all about telling stories in a fun and exciting way. Imagine putting on a costume and pretending to be a brave knight, a curious explorer, or even a talking animal. In theater, people use acting, music, dance, and special effects to bring these characters and stories to life on stage.

When you watch a play or musical, you're seeing a team of actors, directors, and designers working together to create something magical. Whether it's making people laugh, cry, or think, theater lets us step into different worlds and experience all kinds of emotions. It's a place where imagination has no limits, and everyone can play a part in the story!

## Introduction to the Theatrical Arts Activities

Complete one activity from below

### Activity 1

Watch a 5 to 10-minute scene online from a theatrical Play or Musical that was filmed in a theater and performed on a stage. For example, "Hamilton" or "Disney's Newsies the Broadway Musical" both streaming on Disney+ are great examples of musicals to watch.

### Activity 2

recommended for older  
Girl Scouts

Watch a live play or theatrical show in your community. This could be a school play, a community improvisational theater show, or a play at your local theater.



# 2 - Introduction to Drama Therapy

## Activity 1

Read the Drama Therapy Article below and in a group, discuss how drama therapy could be used to benefit the lives of others positively. Throughout this patch, you will be participating in drama therapy-based improv exercises to experience drama therapy first hand.

**Drama therapy is a type of creative arts therapy that uses acting and improvisational theater exercises to encourage patients to experiment and be comfortable with the unknown in a safe, judgemental-free, and fun environment. Drama therapy has been scientifically proven to reduce anxiety, depression, and mental health illnesses while increasing creativity, confidence, and critical thinking skills, all of which have been proven to improve mental health. In drama therapy, participants engage in creative activities such as improvisation, storytelling, and other theatrical techniques to explore and express their feelings, conflicts, and life experiences in a supportive environment. Drama therapy is a multi-faceted practice that can be used to solve a common day-to-day problem, engage with a community, or be a fun & creative outlet.**

**Modern-day drama therapy is derived from Jacob L. Moreno's development of psychodrama, which is an action-based form of psychoanalysis. Psychoanalysis is a set of psychological theories and therapy methods founded by Sigmund Freud, a famous neurologist.**

**This therapeutic approach allows individuals to gain insight into their emotions, develop coping strategies, and foster self-awareness, often leading to transformative change. Drama therapy can be used with individuals, groups, or communities and is effective for people of all ages and backgrounds, addressing a wide range of mental health issues and life.**



# 3 - Improvisational Theater

## Introduction to the Theatrical Arts Activities

Acting is like playing the best game of pretend ever! It's normal to feel a little nervous at first but remember that acting is all about having fun and letting your imagination run wild. When you're participating in improv, you get to be anyone you want to be—a hero, a silly character, or even someone with superpowers! Plus, everyone in this room is cheering for you to do your best. The more you participate in this activity, the more confident you'll feel. So don't be afraid to try and be a risk taker—it's a chance to shine, maybe learn something new about yourself, and have fun in a safe environment!

There are multiple different types of theater, but for this patch, we will be focusing on two: improvisational theater and traditional theater. Improvisational theater, otherwise known as Improv, is a form of theater where actors create scenes, dialogue, and characters on the spot without a script and little to no preparation. This type of theater is based on creativity, collaboration, thinking on the spot, and teamwork. Traditional theater is the type of theater you'd naturally think of when thinking of the theatrical arts. It consists of a wide array of pre-rehearsed scripted productions, short scenes, and skits.

After reading and learning about the theatrical arts and drama therapy, it is now time to test it out yourself! The following activities are both drama therapy-rooted improvisational acting games. So get ready to put your quick reflexes and creativity to use for this fun activity!

Complete one activity from below




# 3 - Improvisational Theater Exercise

## Activity 1 - What Are You Doing

What Are You Doing is a staple improv game. It is a perfect game to play with beginners who are new to the theatrical arts.

To play this game, create a circle with your troop. One Girl Scout will start in the middle of the circle and is given an action to act out (for example, cooking, sewing, watching TV, getting ready for prom, etc). A second Girl Scout will go into the center of the circle and ask the first Girl Scout, "What are you doing?" The first Girl Scout must respond with a different action/activity (different from what she has been doing) and will leave the center of the circle. The second Girl Scout will immediately start acting out the new activity until a new Girl Scout comes up and asks, "What are you doing?" The Girl Scout who has already been doing an action must say a different action from what she is doing and leave the circle. Once an action is said, it cannot be repeated for the entirety of the game. Keep playing around the circle until every Girl Scout has gotten the chance to participate one - to three times, depending on the size of your Troop.

Example: The first student is brushing their hair, and the next student comes in and asks, "What are you doing?" and the first student says something like 'riding in a bike race' and then leaves. The next student immediately starts acting out a bike race scenario.



recommended for older  
Girl Scouts



# 3 - Improvisational Theater Exercise

## Activity 2 - This is not a bottle

Otherwise known as 'A Homage to Magritte,' this improv game was created by Augusto Boal (a famous theater theorist) and was based on painter René Magritte, who was famous for painting pictures of objects with a title that disrupts the identification of the object, making one question what it could be (For example Magritte would title a painting of a chair 'this chair is not a chair').

To play this game, gather up your Troop in a circle. From there, one object will be placed in the center of the circle (an empty plastic bottle is recommended, but any object will do). Each Girl Scout must think about what this object could be on their own and go into the middle of the circle and act out the use of this object. Everyone else must try to guess what the object is. Once someone correctly guesses what the object is, the Girl Scout who was acting out the object's use can sit down, and another Girl Scout can go into the circle and repeat. There is no limit to how many uses the object can have or how many times the same Girl Scout could act out this item's use, but please let everyone try to participate in this activity at least once.

The only rules for this game are: (1) you cannot speak or use sound to act out what the object is, and (2) the object cannot be what it commonly is; for example, a pencil could not be acted out as a pencil, but it could be a baseball bat, paintbrush, flying broom, lollipop, or etc. This game aims to use your critical and creative thinking skills to develop as many uses for this object as possible. So don't be afraid to be as realistic or unrealistic as you'd like with the object's use. Play this game until there are no more ideas for what this object could be, or until your Troop leaders feel it is necessary to stop the game after everyone has participated.



# 4 - Traditional Theater

In the last activity, you had the chance to experiment and have fun with improvisational theater. Now, you'll get to dive into traditional theater by practicing and performing a rehearsed scene in front of your Girl Scout Troop!

Remember when you're on stage, it's your time to shine! Speak clearly, project your voice with confidence, and keep your body open so everyone can see the amazing story you're telling. And don't forget to 'cheat out'—it's a theater trick to make sure the audience can see your expressions!

Theater is all about storytelling, and remember, every story is unique. Even if it's not perfect, it's still special because it's yours! So go out there, have fun, and let your creativity shine!

## Introduction to the Traditional Theater

Complete one activity from below

### Activity 1 - Create Your Own Scene

For this activity, you will need a few different “props” for the Scouts to use; these props can range from a stuffed animal to a water bottle to a pencil. As long as the object is kid-appropriate and is something that could be used in the scene then it is a prop! Divide your Troop into groups of 3 - 4 kids (this works best when all of the kids in a group are of similar age). From there, each group will get one prop and 10 minutes (which could be less, depending on time constraints) to create a scene revolving around the prop. Once the time is up, each group will perform their scene in front of the Troop!

### Activity 2 - Scripted Short Scene

For this activity, divide your troop into smaller groups and have them perform one of the short scripted scenes attached at the end of this guide. Each script lists the amount of Scouts needed for the scene. After dividing up the groups, give them copies of the script and give them ten minutes to rehearse the scene in their groups. The Scouts or Troop leader can decide who will play each character. After ten minutes of rehearsal, they will perform the scene in front of the Troop.





# 5 - Importance of Mental Health

Taking care of your mental health is just as important as taking care of your body. Your mental health is about how you think, feel, and handle things that happen in your life. When you feel good inside, it's easier to be happy, make friends, and learn new things. If something is bothering you or making you feel upset, it's important to talk to someone you trust, like a parent or teacher. Remember, it's okay to ask for help—everyone needs it sometimes! Taking care of your mind helps you grow up strong and happy.

## Mental Health Check-In

Complete one of the three activities below:

**Activity 1:** →

recommended for  
younger Girl Scouts

As a group talk about things you do that make you happy. This could be petting your cat, hanging out with friends, or eating ice cream. Think and talk about other activities YOU could do to make you happy, relieve stress, and help your mental health.

**Activity 2:**

Write on a few separate note cards the words “stress,” “anxiety,” and “poor self-confidence.” Divide your Girl Scout Troop up and give each group one note card. Each group will be given a few minutes to come up and present to the rest of the Troop ways to improve the prompt for poor mental health they were given.

**Activity 3:** →

recommended for older  
Girl Scouts

As a group, talk about mental health resources available in your community. This could be the school counselor, a website online, or a phone number to call and get help.



# Arts 4 Change Inc. Patch Program!!!

Congrats, you have earned the Arts 4 Change Inc. Girl Scout Patch!!!! Your creativity, risk-taking, and hard work have truly shined through. We hope that you've learned a little bit more about the theatrical arts and the importance of mental health and taking care of yourself.

## Post about your patch program

Don't forget to tag us and check out our website!

Instagram - @Arts4ChangeInc

Tiktok - @Arts4ChangeInc

Website - <https://www.arts4changeinc.com>



# Arts 4 Change Inc. & Mental Health Resources

## About Arts 4 Change Inc:

Arts 4 Change Inc. is a 501(c)3 non-profit that teaches free acting classes and workshops for kids to help improve their mental health by incorporating drama therapy into our curriculum. Drama therapy is a type of creative arts therapy that uses acting and improvisational theater exercises to encourage patients to experiment and be comfortable with the unknown in a safe, judgement-free, and fun environment. Drama therapy has been scientifically proven to reduce anxiety, depression, and mental health illnesses while increasing creativity, confidence, and critical thinking skills, all of which have been proven to improve mental health. We have taught 125+ students and impacted over 620 lives through various initiatives, such as our weekly acting classes, workshops, and Girl Scout patch program. For more information, check out our website <https://www.arts4changeinc.com> and Instagram @Arts4ChangeInc.

## Mental Health Resources:

- Crisis Text Line: Text “HELLO” to 741741
  - The Crisis Text hotline is available 24/7 to anyone in the US. The line serves anyone in any type of crisis, connecting them to a counselor who can provide support & information.
- NAMI Miami Dade County Teens & Young Adults
- 988 Life Line
- The Trevor Project
- StopBullying.gov



## Scene - The Bargain

*(Ava walks into the room and meets Emily)*

**Ava:** I'll give you a dollar for it.

**Emily:** No way. I told you that it was twenty dollars.

**Ava:** But I only have a dollar.

**Emily:** You do realize that I've come all the way down here to sell this to you.

**Ava:** Yes.

**Emily:** And I told you up front that the price was twenty dollars.

**Ava:** Yes.

**Emily:** And you are offering me one dollar?

**Ava:** That is correct.

**Emily:** Why on earth would I sell this to you for a dollar?

**Ava:** Well, the way I see it, there are no other buyers.

**Emily:** I turned the other offers down because you told me that you would buy it for twenty dollars.

**Ava:** Right. So, they're no longer in the picture. Now you have an item that no one else wants, which brings down its value.

**Emily:** You're crazy.

**Ava:** I'm doing you a favor by taking this basically worthless thing off your hands.

**Emily:** Let's not waste each other's time. I'll give it to you for fifteen dollars and we'll call it good.

**Ava:** I only have a dollar.

**Emily:** I'm outta here.

**Ava:** Wait. I'll give you ten.

**Emily:** You just said you only had a dollar.

**Ava:** In this pocket. I have nine more in this other pocket.

**Emily:** Oh, for Pete's sake. Just give me the ten dollars.

**Ava:** (Fumbles for money...while B hands over the item, which drops and breaks.) Uh oh.

**Emily:** Hand over the ten dollars.

**Ava:** Sorry. I don't want it now.

## Scene - The Gift Dilemma

**Charlie:** The holidays are almost here, and I still don't have a gift for Grandma. (*groans*) This is so hard!

**Stella:** Just get her something small, like a candle or some cookies. Grandma's love cookies.

**Charlie:** (*shakes head*) That's the problem! She already has too many candles, and she's been baking cookies for weeks. I need something different...something special.

**Stella:** What about making her something? You're good at drawing. You've done that for her before, right?

**Charlie:** Yeah, I've drawn stuff for her before... but I don't want it to feel lazy, like I didn't try. It's Grandma, you know?

**Stella:** She's not expecting a huge gift. She just wants to know you care. It doesn't need to be expensive or perfect.

**Charlie:** (*sighs*) I know, but I still want it to feel...I don't know, *more* thoughtful.

**Stella:** What if you drew something that means a lot to both of you?

**Charlie:** Oh! Like the time we baked cookies together! She always talks about that.

**Stella:** Exactly! Draw you and her baking, she'll love that because it's a memory too!

**Charlie:** I can draw her favorite cookies, too.

**Stella:** See? Problem solved. And trust me, she'll appreciate it way more than some random thing from the store.

# Scene - the Wizard of Oz:

**LION:** Grrrrroooaaarr! Who said that? Huh? Who dares to wake me from my nap?

**DOROTHY:** You stop that this instant! That's no way to behave! You ought to be ashamed!

**LION:** B-but... I'm the K-k-k-king of the J-j-jungle! I don't have to be p-p-polite... do I?

**DOROTHY:** It doesn't matter who you are! Picking on a poor Scarecrow and Tin Man isn't right!

**LION:** B-but I'm a lion! See? *(Shows his claws.)*

**DOROTHY:** You're nothing but a great big coward!

**LION:** *(Whimpers.)* I know! I've always known! But I can't help it... *(Starts to cry.)*

**DOROTHY:** There, there now.

**LION:** I really am just a big coward.

**TIN MAN:** But why are you so scared?

**LION:** I don't know... I think I was just born this way.

**SCARECROW:** That doesn't seem fair! Lions are supposed to be brave!

**TIN MAN:** Maybe it's a heart problem. If so, you should be glad—you at least have one! I don't have a heart at all.

**LION:** Maybe if I didn't have a heart, I wouldn't be such a coward.

**SCARECROW:** Do you have a brain?

**LION:** I guess so... I've never really checked.

**SCARECROW:** *(Examines his head.)* Seems solid enough to me! We're off to see the Wizard of Oz! He's going to give me some brains since my head's just full of straw.

**LION:** Do you think he could give me courage?

**SCARECROW:** Just as easily as he can give me brains!

**TIN MAN:** Or give me a heart.

**DOROTHY:** Or send me home to Kansas.

**LION:** Then I'm coming with you! *(Pauses, suddenly timid.)* B-b-but only if you don't mind.

**DOROTHY:** That was very polite of you! Of course, you can come! Is everyone ready?

**TIN MAN, LION, & SCARECROW:** *(Each sticking out a toe.)* Ready!

# Scene - Alice in Wonderland

**MAD HATTER:** Twinkle, twinkle, little bat... (*MARCH HARE enters.*) Ah! The March Hare! What a marvelous surprise! What a joy! Welcome to my humble tea gathering.

**MARCH HARE:** How wonderfully considerate of you.

**MAD HATTER:** Now, have a seat right there. (*Pauses, reconsiders.*) No, no! Not there! (*Changes mind again.*) Did I say there? Oh, absolutely not! That simply won't do. You must sit... right here! (*Points.*) Ah, Dormouse! So good of you to join us.

**DORMOUSE:** Think nothing of it.

(*ALICE enters.*)

**ALICE:** A tea party! Oh, I would love a cup of tea!

**MAD HATTER, MARCH HARE & DORMOUSE:** No room! No room!

**ALICE:** But there's plenty of space! (*She takes a seat.*)

**MARCH HARE:** Have some juice.

**ALICE:** I don't see any juice.

**MARCH HARE:** Because there isn't any.

**ALICE:** Well, that wasn't very polite of you to offer, then.

**MARCH HARE:** And it wasn't very polite of you to sit without being invited.

**ALICE:** I didn't realize this was your table. You have all these seats set up, yet there are only three of you.

**DORMOUSE:** Why is a raven like a writing desk?

**ALICE:** A riddle! Oh, I adore riddles! I think I can solve it.

**MAD HATTER:** Do you mean you believe you can figure out the answer?

**MARCH HARE:** That would be quite an accomplishment.

**ALICE:** Well, what is the answer?

**DORMOUSE:** No Idea

**ALICE:** You mean you don't know the answer?

**MAD HATTER:** Oh, does that matter? The fun is in the asking!

**MARCH HARE:** Besides, an answer would only ruin the mystery.

**DORMOUSE:** And what's a riddle without a bit of nonsense?

**ALICE:** This is the most peculiar tea party I've ever attended.

**MAD HATTER:** Why, thank you! What a lovely compliment!

**MARCH HARE:** More tea?